



INOVA LOUDOUN HOSPITAL

INhealth

PRECIOUS TIME

Every second counts in the event of a heart attack

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Orlo "Chip" Paciulli suffered a heart attack in 2011. Inova Loudoun Hospital's door-to-ballon time may have saved his life and reduced lasting effects of the attack.



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FOLLOW THE LEADER

Happy 2013!

The New Year is a time of renewal and reinvigoration. At Inova Loudoun Hospital, that means renewing our commitment to providing exceptional care for patients and families through our service promise: “We seek every opportunity to meet the unique needs of each person we are privileged to serve — every time, every touch.” Each and every day we strive to provide personalized care that meets our patients’ individual needs. We feel honored that our patients choose our organization for their health-care, and it is our privilege to provide that care.

2013 will see continued growth at Inova Loudoun Hospital. We will implement a new comprehensive electronic information system, improving clinical care and communications with our caregivers and patients. We will complete the first phase of the revitalization of our healthcare campus in downtown Leesburg, offering state-of-the-art emergency services, expanded diagnostic imaging, new outpatient service capabilities and a new behavioral health unit. We will also complete our master facility plans that will guide our facility development for the next decade.

We want to thank each of you for all you do for us and wish you a year of renewal and, above all, good health.



PATRICK WALTERS
CEO, Inova Loudoun Hospital

Diabetes Center Grows

NEW, BIGGER LOCATION ALLOWS TEAM TO SERVE MORE PATIENTS

At the beginning of January, Inova Diabetes Center-Loudoun will open its doors at a new location, 211 Gibson St., in Leesburg. This new space, which features a large classroom, a private workroom and five private offices, will allow the Diabetes Center team to better serve existing — and future — patients.

“The square footage [in the new location] is so much bigger, so we are able to offer more services to more people,” says Traci Carter, Inova Diabetes Center Manager. “These new private office spaces allow for more private appointments with more advanced technologies, such as Continuous Glucose Monitoring (CGM),” she says.

GLUCOSE MONITORING TECHNOLOGY

Thanks to CGM, diabetes patients can stay

on top of their blood sugar levels. A probe with a tiny sensor is inserted just under the skin, and stays there for a period of about five days, sending glucose readings every five minutes to a “beeper-like” device worn by the patient. Most major medical insurers cover CGM for type 1 diabetes and for some cases of type 2, according to Carter.

For patients who are unsure if CGM is right for them, the Diabetes Center has an initial trial period for patients to see what the technology is like. “They can borrow one of our CGMs for a week,” Carter says. “What’s more is that we don’t have a fee for borrowing one of our CGMs; there’s just a starter fee for the probe.”

Inova Diabetes Center-Loudoun also offers diabetes education, which is a covered

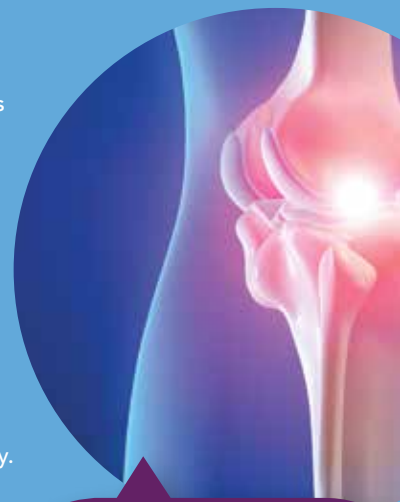
END KNEE PAIN

MAKOplasty offers minimally invasive surgical approach

Help is available for people with early- to mid-stage osteoarthritis of the knee — and it is a less invasive option than total knee replacement. MAKOplasty® is a robotic procedure that enables surgeons to precisely target the diseased portion of the knee without compromising the healthy bone and tissue surrounding it.

There are many benefits. Because it’s a minimally invasive procedure done on an outpatient basis, MAKOplasty® patients are back on their feet quicker than patients who have had traditional knee replacement surgery, walking with crutches within hours and back at work within one week. Most patients return home within 24 hours of surgery, as opposed to a two-to-three-day hospital stay after traditional knee replacement surgery.

A regionally recognized leader, Inova Loudoun Hospital ranked as a *U.S. News & World Report* Best Hospital in six adult specialties including orthopedics, and is one of few hospitals in the area that have made the investment to offer this new surgical approach.



Help Available

Learn more about the MAKOplasty resurfacing procedure at inova.org/ilh-mako.



benefit under Medicare and most major insurers, to help people self-manage diabetes. Classes include a type 2 diabetes basics class and a gestational diabetes class. Looking forward, the Center hopes to expand its services to include insulin pumps, too, Carter says.



COMING SOON!

Leesburg renovation to be completed in spring

Patients will soon be able to take advantage of new facilities at Inova HealthPlex in Leesburg. The first stage of the campus renovation is scheduled for completion this May.

"We have gutted this building to the structure and floor slabs," notes Project Manager Mike Bergeron. "We are even replacing the roof, so it will essentially be a new building."

The first phase of the \$32 million project will include a larger, 13,000-square-foot Emergency Department, which will have a new trauma unit, radiology suite and lab; outpatient rooms; enhanced imaging services, including two CT scanners; a new brick-and-glass façade; and upgraded security systems and central plant services.

The second phase of the renovation project should be finished in October. This will include moving the 22-bed Loudoun Adult Medical Psychiatric Services (LAMPS) from the older buildings to the renovated area.

The Future Is Here

The latest in robotic technology offers shorter hospital stays and faster recovery

Among the traditional surgical options for gynecologic conditions, robotic surgery is the latest minimally invasive approach. Robotic surgery allows surgeons to carry out complex and delicate procedures through tiny incisions. **This can result in dramatic patient benefits, including less blood loss, less postoperative pain, shorter hospital stays and faster overall recovery.**

Inova Loudoun Hospital welcomed the latest version of the robotic surgical system, the da Vinci® Si, on Nov. 12. This latest version of the da Vinci® has enhanced high-definition 3-D vision and includes a broad range of instrument types that are available to help the surgeon perform specialized surgical tasks with precision and control.

Ruchi Garg, MD, gynecologic oncologist at Inova Loudoun Hospital, utilizes the most advanced techniques to treat endometrial and cervical cancer, as well as for patients who have undergone multiple surgeries that have led to difficulties in completing laparoscopic surgeries.



Ask the Expert

PREVENTION AND TREATMENT OF GYNECOLOGIC CONDITIONS



Ruchi Garg, MD
Obstetrician/
Gynecologist

Join Ruchi Garg, MD, for a FREE lecture about the prevention and treatment of gynecologic conditions, including cancers. The lecture will take place on Monday, April 1, at 6:30 p.m. at Inova Loudoun Hospital, Conference Rooms A and B. Call **1.855.My.Inova (1.855.694.6682)** or visit **inova.org/AskTheExpert** to register for the **FREE** program.

Simplifying Surgery

Imaging technology minimizes time spent during breast surgery

The process of performing a lumpectomy at Inova Loudoun Hospital has become streamlined. Until last year, when a breast surgeon performed a lumpectomy at Inova Loudoun Hospital, he or she sent the extracted specimen to the radiology department for confirmation that the target area within the breast had been removed. The tissue then needed to be returned to the operating room, where it was delivered to the pathology department. Now, thanks to Faxitron imaging technology, not all of these time-consuming actions are necessary.

“Faxitron simplifies this whole process,” says Jing Chen, MD, Director of Breast Imaging, Inova Loudoun Hospital. “Faxitron is a little machine that we place in the operating room, and when tissue is taken out, it is put on the Faxitron X-ray machine [for imaging] instead of being sent to radiology.”

HOW IT WORKS

The image of the specimen is electronically transferred into an imaging system within a couple of minutes, and the radiologist and surgeon can simultaneously view the results.

Faxitron reduces the amount of time a patient spends under anesthesia, which is a matter of patient safety, according to Dr. Chen. “Being under for a shorter time reduces the risk of any potential complications that could result from the anesthesia,” she says.

Another benefit of the Faxitron technology is that it cuts back on the handling of the specimen. “Moving the tissue back and forth [between various locations] a number of times isn’t ideal,” Dr. Chen says. Having this technology available to our surgeons allows for shorter surgery times, quicker diagnoses and better overall patient care.

STATE-OF-THE-ART

In addition to Faxitron technology, the imaging department at Inova Loudoun Hospital has an updated and state-of-the-art 3T MRI unit. MRI is a non-invasive way to view the breast.

Although breast MRI is a more expensive screening tool than a mammogram or ultrasound, it can be very helpful for patients with a family history of breast cancer or other high-risk factors, says Jing Chen, MD, Director of Breast Imaging, Inova Loudoun Hospital.

“MRI has a higher sensitivity in detecting cancer,” Dr. Chen says. “It takes a very detailed look at the breast and finds cancer that a mammogram or ultrasound would otherwise miss.”

GENERAL SURGEON
TREATS MULTIPLE
AILMENTS

WELL-ROUNDED

CARE

On the Cutting Edge

Learn more about general and specialty surgery at Inova at inova.org/surgery.



When Helene Hatcher found out she needed to have her gallbladder removed last summer, she knew exactly who she wanted to perform her surgery — James Lesniewski, MD.

Hatcher had been seeing Dr. Lesniewski for a number of years for her breast care maintenance. Because of their strong doctor-patient relationship, Hatcher felt he was the obvious choice to remove her gallbladder when the occasion arose.

“He really cares about you as a person, not just as a patient,” Hatcher says of Dr. Lesniewski. “He knows what he’s doing, he’s very thorough, and he’s very reassuring.”

As a general surgeon, Dr. Lesniewski is accustomed to seeing the same patients for multiple ailments. “The whole reason I got into doing what I do is that I love taking care of people,” he says. “I love that I can see someone, evaluate their condition and intervene as warranted.”

THE ROLE OF A GENERAL SURGEON

A general surgeon is trained in the care of patients with disorders affecting the abdomen, digestive

tract, endocrine system, breast, skin and blood vessels. He or she also has expertise in the care of pediatric and cancer patients, and in the treatment of patients who are injured or critically ill. Common problems treated by general surgeons include hernias, gallstones, appendicitis, pancreatitis, bowel obstructions, colon inflammation and colon cancer. General surgeons increasingly provide care through the use of minimally invasive and endoscopic techniques.

Hatcher began experiencing health issues in early 2012. After receiving her diagnosis, she underwent the gallbladder removal procedure in June 2012. Looking back, she says she had a good experience with the surgery.

“I’m not an easy patient,” Hatcher says. “My father was a doctor, so I am used to having really good care. And I felt like I got really good care [at Inova Loudoun Hospital]. No complaints!”

She says the hospital called her to follow up after the surgery, a gesture she appreciated. “I wasn’t left waiting and wondering when I might hear [from someone],” Hatcher says.

INOVA LOUDOUN HOSPITAL GENERAL SURGEONS:

Robert F. Ahmed, MD
Richard V. Brenner, MD
C.B. Cross, MD
Brita D. Kriss, MD
James A. Lesniewski, MD
Russell E. McDow Jr., MD
Janie L. Orrington-Myers, MD
Barry F. Walter, MD

SURGERY CENTERS:

Inova Loudoun Hospital Surgery Center
44045 Riverside Parkway
Leesburg, VA 20176
703.858.6000

Inova Surgery Center – Lansdowne
44035 Riverside Parkway, Suite 200
Leesburg, VA 20176
571.209.6465

Countryside Ambulatory Surgical Center
4 Pidgeon Hill Drive
Sterling, VA 20165
703.444.6060



PRECIOUS TIME

Every second counts in the event of a heart attack

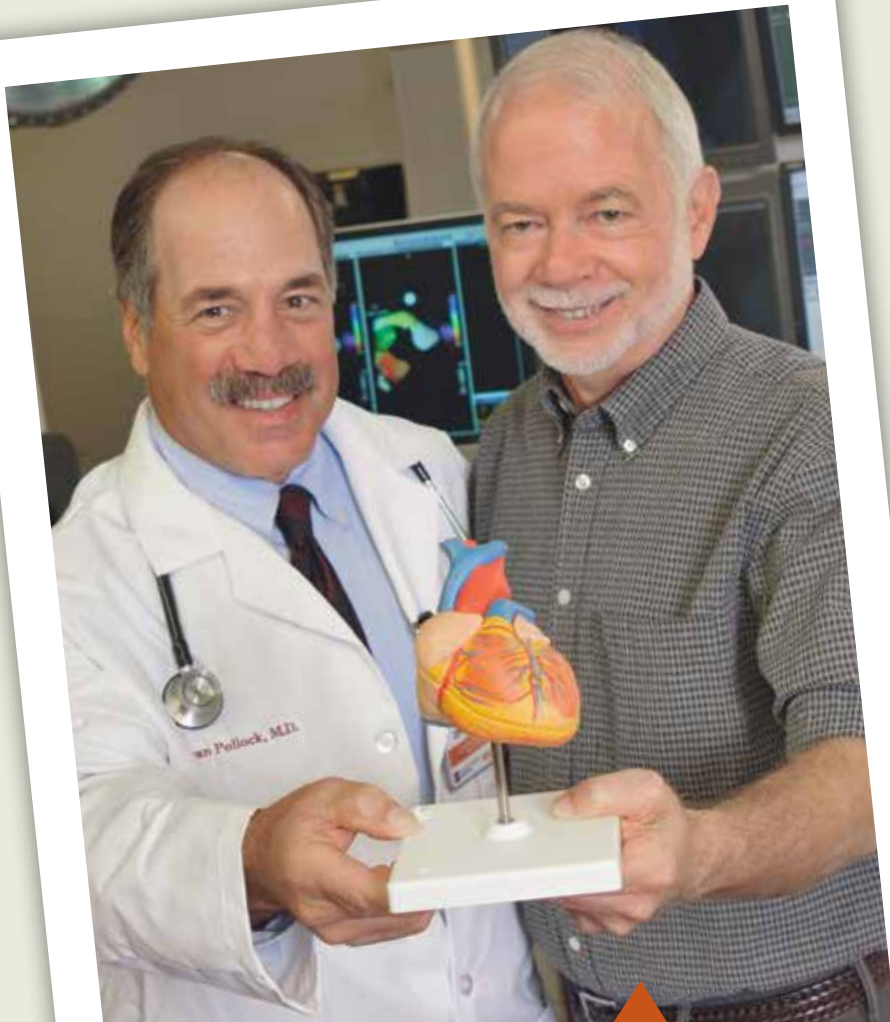
One Sunday morning in March 2011, Orlo "Chip" Paciulli, 61, the president of a custom home building company, felt some pressure in his chest as he got dressed after a shower. "At first I thought it was indigestion," he recalls. "But it didn't go away, and it didn't feel quite the same." The pressure and pain got worse. After talking to his wife, Ann, he called 911.

Paciulli "was not the kind of guy someone might expect to have a heart attack," says Dean Pollock, MD, Medical Director of the Cardiac Catheterization Lab at Inova Loudoun Hospital. "He was thin, he didn't smoke, he exercised. But everyone has some element of risk."

In a heart attack, a cholesterol plaque that was deposited and attached to the wall of an artery in the heart changes shape or "ruptures." Normal blood flow then pushes the plaque into the center of the artery, causing further blockage. This triggers blood clotting, which often blocks the artery completely. In Paciulli's case, the largest artery in his heart was totally blocked.

THE GOLDEN 90 MINUTES

Today, heart attacks can often be treated with balloon angioplasty and stenting. A thin tube, or catheter, that includes a deflated balloon is fed into the artery. Once in place, the balloon is inflated to break up the blockage, restoring blood flow. A small metallic mesh,



Dr. Pollock treated Orlo "Chip" Paciulli, who suffered a heart attack in 2011.

Working Together

It took the rescue squad just 18 minutes to get Chip Paciulli from his home in Purcellville to Inova Loudoun Hospital. Looking back, Paciulli credits that immediate response for saving even more precious minutes from the beginning. "The 911 operator stayed on the phone until the rescue squad got there. The emergency system in Loudoun was all working together," he recalls. "The rescue squad was transmitting to the hospital the whole time, talking to them." By the time he reached Inova Loudoun, he says, "The cath lab was being set up, the doctor was coming in. The way the rescue squad interfaced with Inova saved my life."



SUSPECT A HEART ATTACK?

The classic, primary symptom of a heart attack is severe, crushing chest pain. However, says Dr. Pollock, this can vary. "It can range from mild to severe, and it can appear in the neck, the back or the arms, rather than the chest. The onset of the pain is usually abrupt, but not always."

Other secondary symptoms that sometimes occur with a heart attack include:

- sweating
- shortness of breath
- nausea
- vomiting
- palpitations (heart pounding)
- fainting

If you think you're having a heart attack, even if you're not sure, don't delay. Call 911. While you wait for help, have an aspirin if you are not taking aspirin already.

One other tip: Don't drive yourself, of course — but don't ask a friend or relative to drive you, either. If you have a sudden catastrophic rhythm of the heart, which can occur all too frequently in the first stages of a heart attack, your friend won't be able to help. Call 911 instead.

called a stent, is left in place to keep the artery open.

The challenge? Reducing the elapsed time "from door to balloon," meaning the time a patient enters the hospital to the moment the balloon inflates. With every minute and hour that passes before treatment, there is that much more risk to the patient and damage to the heart. Hospitals aim for a door-to-balloon time of 90 minutes or less.

For years, however, angioplasty and stenting only took place at hospitals that could perform back-up emergency heart surgery. At Inova Loudoun Hospital, this meant that heart attack patients were sent by helicopter to Inova Fairfax Hospital. That system produced an average door-to-balloon time of more than 120 minutes, says Dr. Pollock, "and that's when the helicopter was flying." Bad weather, which required road transport, took longer.

In October 2009, in close coordination with Inova Fairfax Hospital, the Inova Loudoun cath lab began performing balloon angioplasty and stenting on site. The new door to balloon time? "It's 64 minutes," says Dr. Pollock. "This has been unbelievably successful."

The shorter time frame possibly saved Paciulli's life and reduced lasting effects from the attack, Dr. Pollock says. "He had an extensive heart attack that could very easily have been fatal, of a severity that we don't see that often," he says.

MOVING FORWARD

On a Monday, just eight days after he felt some pressure in his chest, Paciulli went home.

He soon began cardiac rehab at Inova Loudoun Hospital two to three times a week for about three to four months. "Everyone there was super," Paciulli says. In addition to monitored workout sessions, he attended classes on topics like exercise, medications and

having a heart experience. He also met with a nutritionist and got detailed diet advice.

It all made a difference. "I was in good shape to start with," he says, "But I wasn't perfect. I've lost 15 or 20 pounds and I've cut out salt, excess sugar and fat. I learned that through [cardiac] rehab." Within six months, he was back at work and jogging and walking three to five times a week for exercise.

"To watch all this work together, to see doctors work together as a team, it's an amazing feeling," says Ann Paciulli. "We are always telling the story and letting people know how much we appreciate it."

Ask the Experts

THE GOLDEN 90 MINUTES: WHAT HAPPENS DURING EMERGENCY TREATMENT OF A HEART ATTACK?

Join Dean M. Pollock, MD, and Edward Puccio, MD, for a lecture on emergency treatment of a heart attack. The lecture will take place Tuesday, Feb. 19, at 6:30 p.m. at Inova Loudoun Medical Campus – Leesburg, Building 224D, Community Meeting Room. Call **1.855.My.Inova (1.855.694.6682)** or visit **inova.org/AskTheExpert** to register for the **FREE** program.



Dean Pollock, MD
Medical Director,
Cardiac Catheterization
Lab



Edward Puccio, MD
Medical Director,
Emergency Department



28 Days of Heart Health

As part of National Heart Month, Inova Heart and Vascular Institute is bringing you 28 Days of Heart Health — tips from some of our leading heart specialists. Register for free to receive advice that will help you develop a healthier lifestyle.

Our physicians will share advice on a wide range of topics, including: diet and exercise, new technologies, treatment options and happy heart recipes. You'll also receive reminders of upcoming heart health lectures, as well as a special discount for a cardiovascular screening on Inova's Heartbeat Bus. Your heart healthy emails will begin Feb. 1! To register, go to **myheartmonth.org**.

Inova is a not-for-profit healthcare system located in Northern Virginia in the Washington, DC, metropolitan area, serving over 2 million people with over 1,700 licensed beds. It consists of five hospitals including the area's only Level 1 Trauma Center and Level 3 Neonatal Intensive Care Unit. Inova encompasses many health services including the internationally recognized Inova Heart and Vascular Institute, Inova Translational Medicine Institute on genomics, Inova Neuroscience Institute and Inova Children's Hospital. Inova's mission is to improve the health of the diverse community it serves through excellence in patient care, education and research. More information about Inova is at inova.org.

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Kajal Zalavadia, MD
Bariatrician

HOW DOES YOUR WEIGHT AFFECT YOUR HEALTH?

Kajal Zalavadia, MD

Wednesday, Jan. 23, 12:30 p.m.
Inova Loudoun Hospital,
Conference Rooms A and B



Ali Moshirfar, MD
Orthopedic Surgeon

OPTIONS FOR BACK AND NECK PAIN

Ali Moshirfar, MD

Tuesday, Feb. 19, 6:30 p.m.
Claude Moore Recreation Center
Sterling, VA

U.S. NEWS: INOVA LOUDOUN HOSPITAL AMONG TOP 10 HOSPITALS IN REGION

Inova Loudoun Hospital is ranked No. 8 in the Washington, DC, metro area, according to *U.S. News & World Report*. It also secured the No. 11 spot in Virginia. It was recognized as a *U.S. News* Best Hospital in six adult specialties: gastroenterology, geriatrics, nephrology, orthopedics, pulmonology and urology. Learn more at inovaawards.org.



Inova at Your Fingertips

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